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WILL IT BE BEASTS OF THE SOUTHERN WILD OR MEGAMUSICAL LES MIS? IT'S NOT TOO EARLY TO START THE OFFICE POOL FOR WHO GETS THE NOD IN 2013 PAGE 9

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Election night in Winnipeg

America votes. Winnipeggers given chance to watch presidential election results with Americans

SHANE GIBSON
shane.gibson@metronews.ca

Most of us can't vote in the U.S. presidential election, but as the campaign reaches its crescendo Tuesday night, the University of Manitoba and the U.S. Consulate Winnipeg are giving Winnipeggers the chance to watch the results come in with those who did.

The school will host a reception Tuesday night with Canadians and Americans involved in politics, business, community organizations and academia offering commentary and analysis as the numbers come in on several big screen TVs.

"There's a lot of ex-pats who are here, plus a lot of our political studies students and profs are using this as a good way of studying what is going on," explained Chris Rutowski of the U of M's media relations department. "It's educational for the students to get a first-hand look at what's really going on."

While the event is being held with students in mind, the general public is welcome to come out as well, as long as they RSVP with organizers.

Debbie Bogan, who holds both American and Canadian citizenships and is in the city visiting family during the election, told Metro Monday the event is a good idea — but she won't be there.

"I'm going to be on the edge of my seat watching it here with my dad," laughed the former Winnipegger who now calls Florida home and voted for first time as an American this year.

After voting in both countries, Bogan said the biggest difference she sees between U.S. and Canadian campaigns is how personal American candidates get.

"What ends up happening is it just gets uglier and uglier as they go on," she said. "Policy seems to be just put aside."

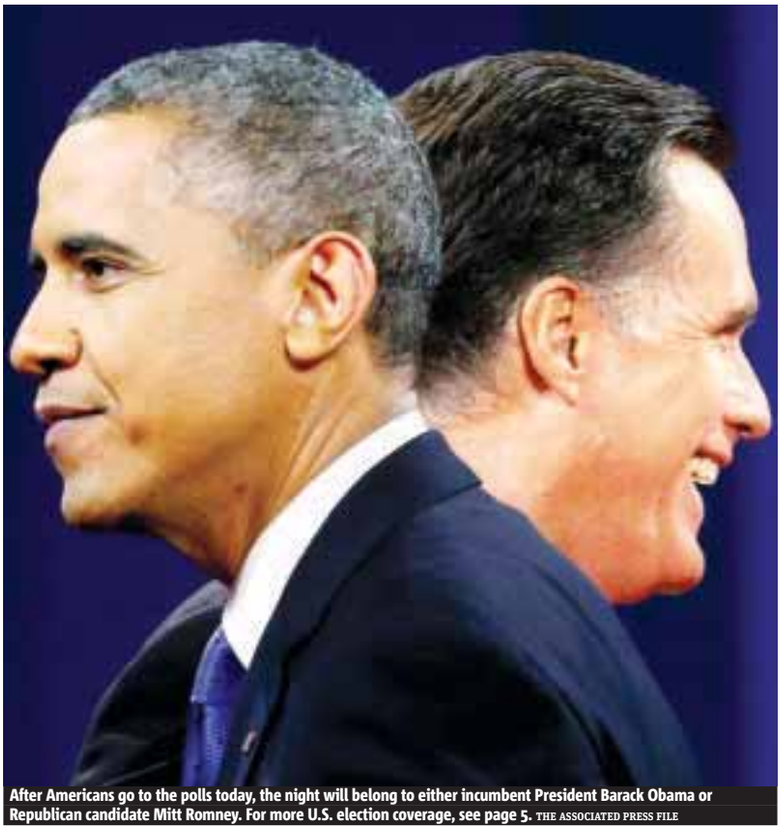
The election night event gets underway at Robert B. Schultz Lecture Theatre at the U of M's St. John's College at 7:30 p.m. Call 204-940-1802 to reserve a seat.

Follow Shane Gibson on Twitter @tsgibson

Get a first-hand look at what's really going on

"There's a lot of ex-pats who are here, plus a lot of our political studies students and profs are using this as a good way of studying what is going on."

Chris Rutowski of the University of Manitoba's media relations department on Tuesday night's event at U of M's St. John's College



After Americans go to the polls today, the night will belong to either incumbent President Barack Obama or Republican candidate Mitt Romney. For more U.S. election coverage, see page 5. THE ASSOCIATED PRESS FILE

Helmet head or quiz dread

Cyclists under 18 caught without a helmet will have to take an online bike safety test PAGE 3

Hot idea: Pay As You Save

New hydro program allows customers to sink energy savings into upgrades PAGE 3

Montreal mob war back on?

Murder of alleged underworld crime figure could signal new chapter of violence PAGE 6

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Power up: New Hydro program allows customers to use their savings to pay for upgrades

First of its kind. Premier says financing is family- and business-friendly

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A new, first-of-its-kind Manitoba Hydro financing program will not only ease the burden of costly energy-saving upgrades for homeowners, but also provide more work for those in the industry, said a local contractor.

The new program is called Pay As You Save and allows Hydro customers to use their estimated annual savings after installation of the energy-efficiency measures to pay for those same measures.

Grant Hein, owner of Heritage Heating and Cooling Ltd. and president of the Manitoba chapter of the Heating, Refrigeration and Air-Conditioning Institute of Canada (HRAI), said this announcement will likely lead to more sales of furnaces, insulation, et cetera, and provide a gentle nudge to those who have wanted to make the upgrades but didn't have the upfront money to do so.

"It will also help people that are maybe sitting on the fence, they got a 20-year-old furnace, but the payment is going to hurt right now, got Christmas and everything else coming up," he said.

"This is going to be the opportunity for them to put in new equipment that they don't have to worry about, that is going to have the warranty and is going to heat your house for less money."

Hein also expects the phones to start ringing at his business and others like it around the city.

"We're already seeing an interest in it, and now with this, I can see a substantial increase in sales versus repairs, because that's the other alternative — if you got a 25-year-old furnace, when it breaks we can't live in this province without heat," he added.

Premier Greg Selinger said heating, insulation and home water upgrades are now within the reach of families across the province.

"It'll allow us to maintain our position as one of the No. 1 jurisdictions in Canada for energy efficiency," said Selinger during Monday's press conference at Lennox Industries on St. James Street.

"It also creates jobs for small business. Many small businesses now can go out and use this program to encourage people to do the right thing in fixing up their home and give them a convenient way to finance that."

Hydro will recover the costs as customers pay back the financing with savings on their bills, at a five-year fixed interest rate of 3.9 per cent. And since the program is tied to the property, it allows the customer to transfer their financing to the next homeowner or tenant renting their property.

Follow Bernice Pontanilla on Twitter @MetroBee

What's covered

The Manitoba Hydro's Pay As You Save program covers upgrades to the following product categories:

- Residential space heating equipment
- Insulation
- Residential water heating and conservation, including drain water heat recovery systems; and toilets (in conjunction with one of the above energy-efficient measures)

Grant Hein, of Heritage Heating and Cooling Ltd., talks about the advantages of Manitoba Hydro's Pay As You Save program as Hydro president and CEO Scott Thomson, left, and Premier Greg Selinger look on. BERNICE PONTANILLA/METRO

Punishment for no helmet? Take a quiz

Anyone under 18 caught without a bike helmet while riding will have to take a safety quiz or pay a fine. GETTY IMAGES

Manitoba's bicycle helmet law will take effect within a few months, and first-time offenders will be able to avoid paying a fine by taking a new online safety quiz.

Healthy Living Minister Jim Rondeau is finalizing the details of the law, which was approved by the legislature last spring. The aim, he says, is to promote helmet use while using penalties as something of a last resort.

"Our goal is to actually not collect fines. Our goal would be for people to understand the law and put helmets on their head right away," Rondeau said in an interview.

The law will require anyone under 18 to wear a helmet while riding a bicycle or face a $50 fine.

But young cyclists caught on a first offence will be allowed to skip the fine by completing a test that will educate them about bicycling safety.

"We're going to develop — are developing — a question-and-answer on bike safety that people can do as an alternative to paying a fine," Rondeau said.

But Manitoba's approach stops short of laws in Nova Scotia and British Columbia that apply to adults as well. The exemption for adults has been criticized by physicians, the opposition Liberals and many cyclists, who say kids watch what their parents do.

Doctors Manitoba, the provincial medical association, has said a broader law would reduce the number of severe head injuries suffered by cyclists every year.

Rondeau is not ruling out an extension of the law to adults at some later time.

"Those are discussions we'll have on the compliance and we will talk about further measures as we see compliance move forward. But right now, this is the next logical step — to apply to children. Let's see what happens." THE CANADIAN PRESS

Quoted

"Our goal is to actually not collect fines. Our goal would be for people to understand the law and put helmets on their head right away."

Healthy Living Minister Jim Rondeau

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

REMEMBRANCE DAY TRANSIT SERVICE
Winnipeg Transit will operate on a Sunday schedule on Remembrance Day (Sunday, Nov. 11). A regular weekday schedule will be in service on Monday, Nov. 12. For route and schedule information, please visit winnipegtransit.com or call 311.

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Blue Bombers offensive lineman Glenn January signs a poster on Monday promoting a campaign launched by the team and the province to end domestic violence. SHANE GIBSON/METRO

Giving domestic violence the punt

Break the silence.
Province announces strategy and partnership with Blue Bombers

SHANE GIBSON
shane.gibson@metronews.ca

The Winnipeg Blue Bombers are lining up behind a provincial public-awareness campaign and strategy to end domestic violence in Manitoba.

"It makes a big difference when guys who do things that are physically exerting for a living believe in making sure that there is no domestic violence in our great province," said Premier Greg Selinger at the campaign's launch Monday at Canad Inns Stadium. "It's so important for young men to hear that message from guys that play football ... and act as role models in the community."

The Break the Silence campaign encourages men to "be more than a bystander" by speaking out against violence against women, and players Glenn January, Chris Cvetkovic, Andre Douglas, Cory Watson and Jason Vega have each made an online video tackling the message.

"It just could be anybody, your mother, your daughter, your sister or your aunt — we just want to bring awareness," said Douglas at the announcement.

Along with the ad campaign, Selinger announced a new multi-year, provincewide domestic-violence prevention strategy that pledges support for victims and families, interventions for people with abusive behaviour, and awareness and training.

Help is close at hand

- Anyone experiencing domestic violence can find confidential help anytime of the day by calling 1-877-977-0007.

Source: Province of Manitoba

"This strategy is going to be the road map for us for the next five years," said Marlene Bertrand, chair of the Manitoba Women's Advisory Council, who is also leading the strategy's implementation. "Families caught up in the cycle of violence in Manitoba are going to feel the positive impact of the changes we're making."

Information on the strategy and the players' videos can be found at manitoba.ca/stoptheviolence.

Crime

Suspects sought in home flooding

Police are looking for the vandals responsible for completely flooding a new home in Kleefeld over the weekend.

Police say suspects got into the home by prying open the garage door and then the residence door sometime Nov. 2 or 3.

Once inside the vandals smashed mirrors and damaged two water faucets, which flooded the entire home and caused substantial damage.

Anyone with information is asked to call Steinbach RCMP at 204-326-4452 or Crime Stoppers at 1-800-222-TIPS. METRO

Bachman

Guess who's coming to Winnipeg?

Randy Bachman will be taking care of business in Winnipeg next year.

The Guess Who and Bachman-Turner Overdrive guitarist and songwriter announced Monday he'll be coming home to Winnipeg to play a concert April 3 at the Pantages Playhouse Theatre.

Randy Bachman's Vinyl Tap Tour: Every Song Tells a Story will see the host of CBC's Vinyl Tap weave iconic hits from the Guess Who and Bachman-Turner Overdrive with the stories that brought the songs to life.

Joining Bachman is the sovereign trio of Brent Howard, Marc LaFrance and Mick Dalla-Vee, who have been performing together for over 20 years.

Tickets range from $29.50 to $65.50 and go on sale Friday at 10 a.m. METRO

Tobacco. Chief defiant as province attempts to shut down smoke shop

An aboriginal leader says he will fight a move by the Manitoba government to close a tobacco shop that has been raided for selling cigarettes without paying provincial tax.

Chief Frank Brown of the Canupawakpa First Nation was also fined $10,000 for contempt of court for operating the Dakota Chundee Smoke Shop.

The chief of the reserve near Pipestone says he won't pay the fine and his First Nation is considering its legal options about opposing the closure.

The cigarettes are produced by a company located on a Mohawk reserve outside of Montreal.

Earlier this year the Manitoba government brought in legislation that allows it to quickly stop anyone selling tobacco without a provincial licence. The First Nation says it never surrendered its authority to any government.

THE CANADIAN PRESS

By the numbers

$40

The cigarettes produced in Quebec sell in Manitoba for about $40 — less than half the price of a typical carton.

Cargo on the go

One of three massive transformers rests on a special truck Sunday before beginning its journey on Manitoba highways to its final stop at Riel Station, just southeast of Winnipeg. The transformers are expected to reach the station Wednesday morning. HOWARD FONG/FOR METRO

Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided voters left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for victory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more day!"

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday.

THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

MICHELLE CASTILLO/ METRO WORLD NEWS

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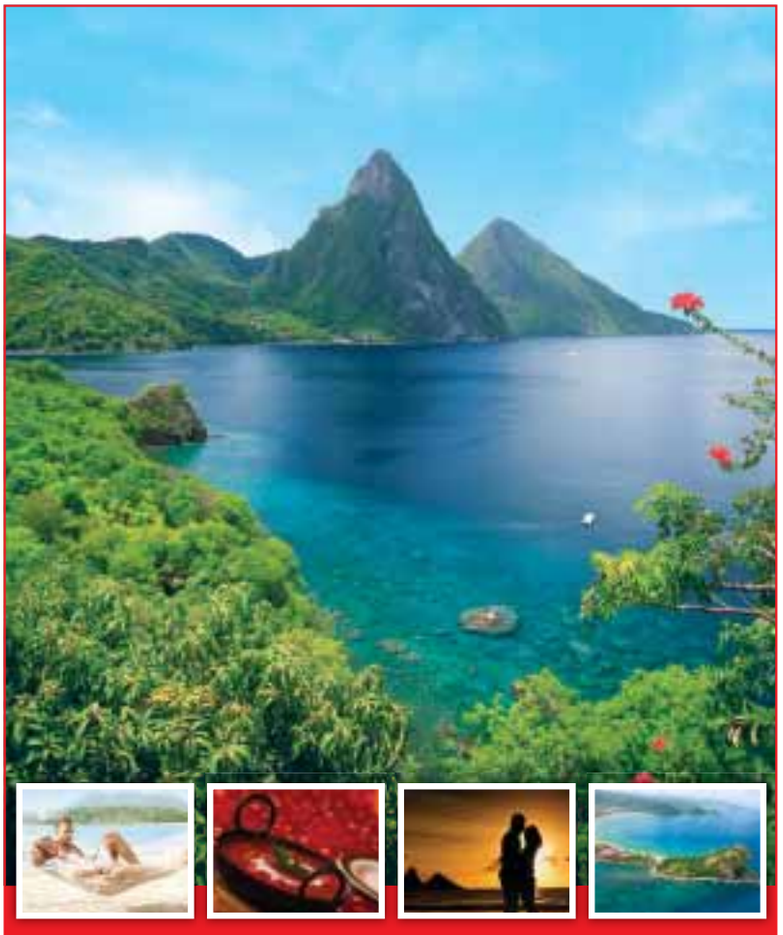

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Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIORZ/THE CANADIAN PRESS

Alleged mafioso's murder could reignite hostility

Montreal Mafia. Shooting ends a quiet period following a series of mafia-related hits, mostly centred around members of the Rizzuto family

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

Sources said Di Maulo suffered at least two gunshot wounds to the head but police would only say that an autopsy was needed to determine the cause of death.

"We're still at the beginning of the investigation," Sgt. Benoit Richard of Quebec provincial police said Monday. THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

A matter of time

- Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing $128,000 from two rural parishes where she worked. The nun is a member of the Sisters of St. Francis, based north of Buffalo. THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool. METRO IN OTTAWA

An SUV that crashed and landed in a swimming pool. METRO

Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for $2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS

This effigy of Lance Armstrong was burned Monday night at the Edenbridge Bonfire Society's Guy Fawkes celebration in England.
GARETH FULLER/PA/THE ASSOCIATED PRESS

Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.34¢
(-0.70¢)

Natural gas: $3.57 US (+2¢)
Dow Jones: 13,112.44 (+19.28)

TSX
12,352.78 (-27.63)

OIL
$85.65 US (+$0.79)

GOLD
$1,683.20 US (+$8)

Photo-sharing app

Instagram heads to the web with new user profiles

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days.

Previously, user profiles existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a website with a profile photo, bio and a selection of the snapshots they've recently shared on Instagram.

The layout of the web profiles is reminiscent of Facebook timelines, except with little text and no ads.

Users will have a large cover image that's a collage of their old Instagram shots. Their profile photo is on the right side and their snapshots cascade down the page. THE ASSOCIATED PRESS

Air travel

WestJet's load factor hits record

WestJet Airlines flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the company. The airline said it flew 113,000 more passengers in October than a year ago. The results "easily outpaced the previous October load factor record of 78.1 per cent set in 2007," stated CEO Gregg Saretsky. THE CANADIAN PRESS

Edmonton

Canadian hemp industry aims high

Canada's small hemp industry is growing like a weed, but still faces some hurdles because of its illegal and potent cousin, marijuana. This week, farmers, scientists, health food experts, retailers and fashion designers are meeting in Edmonton to celebrate hemp and discuss how to help hemp products blossom on world markets. THE CANADIAN PRESS

MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO

SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as Here Comes Honey Boo Boo and My Big Fat Gypsy Wedding establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage an opportunity. Are Honey Boo Boo's redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the 'sketti' and hair spray is starting to leave a bad taste in my mouth.

Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB

Mud on your face, but no big disgrace

CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with head wear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. METRO

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. METRO

Speaking local tongue

"Mi bringim bikpela tok hamamas bilong mejesti kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

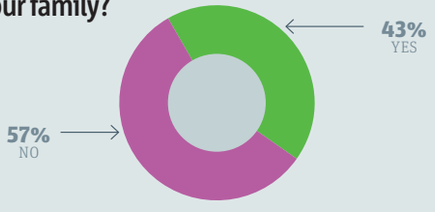
"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@pepedampdan:
#littlesthobo....I forgot how clever a crime fighter he or she was. We could use him in #Winnipeg .

@MovemberWpg:
Love day light savings time. We get an extra hour to grow moustaches! #Movember #Winnipeg

@ActorJeff:
Hey Canadians! Off to Winnipeg for a week today. What one thing do I need to know/do. #yesiknowitwillbecold

@RealWizKhalifa:
Ice like Winnipeg. Gemstones. Flintsones. You could say Im friends with Fred.

@RyanLobson:
Sends me a backwards smiley, where's a rifle?

@KevanH:
Have hipsters renounced the Osborne legion within the last month? Place is a ghost town save for a handful of karaoke moms.

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The movies that deserve some love from the golden statuette

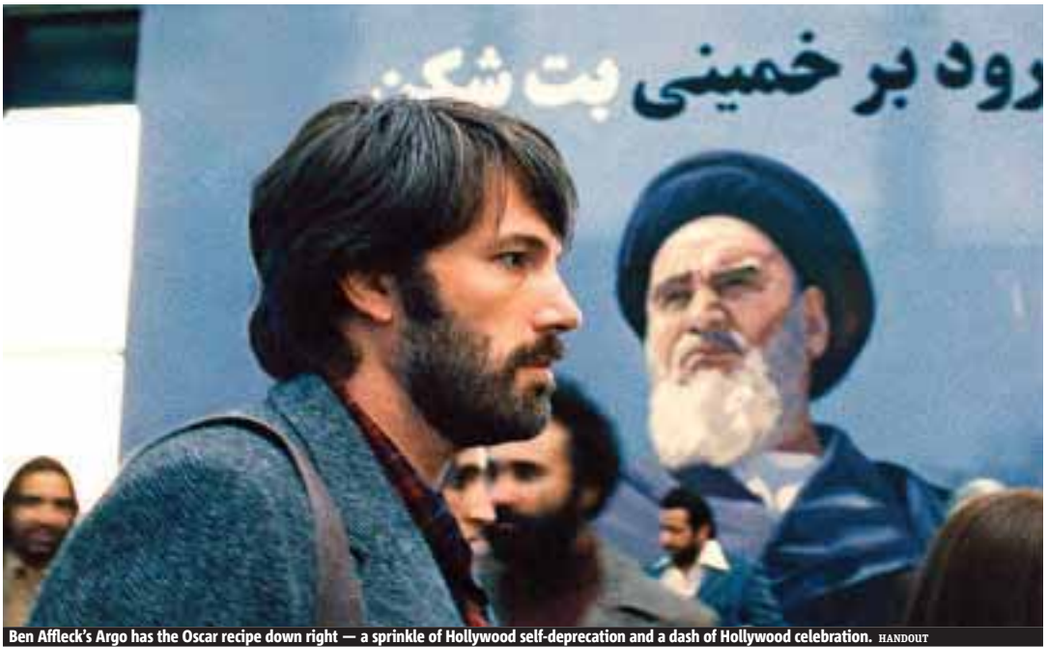
Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations

NED EHRBAR
Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.



Ben Affleck's Argo has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

The Master is an Oscar long shot, but still a masterpiece. HANDOUT

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas deserves a nomination just for its ambition. HANDOUT

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.

Les Miserables

If it's about crowd-pleasing, this may give Argo its stiffest competition. Les Miserables features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's War Horse appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for Argo. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (The Fighter) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame The Dark Knight Rises didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, Wreck-It Ralph and Rise of the Guardians are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' The Lorax, Frankenweenie, Ice Age: Continental Drift and ParaNorman are among the high-profile movies vying for one of five nominations.

THE ASSOCIATED PRESS

Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Amanda Bynes

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what! But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

Sharon Osbourne

Osbourne has double mastectomy to ward off future illness

Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

Twitter

@rihanna
Man my album is complete, and I need a f--- ing drink and a roll up! It was quite the journey, but it's all part of our story!

@JimCarrey
In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.

@lindsaylohan
my twitter was hacked, please ignore the last tweet.

@kevin_nealon
Do they have an Americatown in Bejing?

How does the U.S. election affect you?
It's the vote the world is watching.

Find out what's at stake for Manitoba. See the local connection to the American election with special guest Gary Doer.

AMERICA VOTES

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CBC news

Staying winter wonderful

Personal care. Do you have flaky skin, a voracious appetite and zero motivation to hit the gym? You're not the only one

ROMINA MCGUINNESS
Metro World News

Look familiar? CONTRIBUTED

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?
Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration.

And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it
Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?
You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it
"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

What's going on?
During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it
"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

Top 3 winter investments

1. Performance workout gear: Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.
2. A humidifier: The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.
3. A set of dumbbells: So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

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Jazzed-up rice pilaf makes side dish the main event

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

- **23 per cent of your fibre needs**
- **214 per cent of your vitamin A needs**
- **33 per cent of your vitamin C needs**
- **14 per cent of your potassium needs**

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta? THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Herb-crusted sweet potatoes. A satisfying and unique crunch

1. Heat the oven to 350 F. Coat a large casserole dish or a 9-by-13-inch baking pan with cooking spray.

2. Place the potatoes in a large saucepan and add enough water to cover by 1 inch. Add 2 teaspoons of salt and bring to a boil. Cook until firm-tender, 12 to 15 minutes. Drain the potatoes, then spread them in an even layer in the prepared casserole dish or baking pan.

3. In a small bowl, combine 1/2 teaspoon salt, 1/2 teaspoon black pepper, the panko, thyme, rosemary and sage. Sprinkle over the sweet potatoes. Drizzle the melted butter over the crumbs and bake for 30 minutes, or until golden brown and tender. THE ASSOCIATED PRESS

Ingredients

- 4 lbs sweet potatoes, peeled and cut into 1/2-inch-thick slices
- Salt and ground black pepper
- 1 cup panko breadcrumbs
- 1 tbsp chopped fresh thyme
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh sage
- 1/4 cup (1/2 stick) butter, melted

Give boring squash new life with a spicy peanut coating

The trouble with butternut squash is that we tend to be pretty unimaginative in how we prepare it. As such, the results often are fairly lacklustre. Most people just steam and mash it, giving it the appearance of mashed potatoes. Others go for roasting.

Here is a recipe that effortlessly delivers tons of flavour and a nice presentation without a ton of effort.

To get those results, turn to a relatively new ingredient — powdered peanut butter.

It appeared on the market several years ago, but only now is getting any attention.

It is exactly as it sounds — peanut butter that has had nearly all of the fat extracted. The resulting fine powder has deep, rich peanut flavour, but can be used in ways conventional peanut butter cannot, such as in dry spice rubs.

Mixed with a handful of seasonings, the powdered peanut butter creates a rich flavouring that works well with the natural sweetness of the squash.

To find powdered peanut butter, check the natural foods aisle at the grocery store.

If you strike out, get online. It's widely available from web retailers.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 5 lb butternut squash, peeled and seeded
- 1/4 cup olive oil
- 1/2 cup powdered peanut butter
- 1 tbsp garlic powder
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp kosher salt
- 1/2 tsp ground black pepper

1. Heat oven to 350 F. Coat 2 rimmed baking sheets with cooking spray.

2. Cut peeled and seeded squash into bite-size pieces, then place in large bowl. Drizzle squash with olive oil, then toss to coat evenly. Set aside.

3. In a small bowl, mix together the powdered peanut butter, garlic powder, smoked paprika, chili powder, cumin, salt and pepper. While using a silicone spatula to toss the squash, sprinkle the seasoning mixture over it, continuing to toss until all of the squash is well coated.

4. Transfer the squash to the prepared baking sheets, using the spatula to scrape the oil and seasonings from the bowl. Arrange the squash in an even layer, then roast for 25 minutes. Use a spatula to flip the squash, then roast for another 20 minutes, or until lightly browned and tender. THE ASSOCIATED PRESS

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together. The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications. I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

Does your facial hair define you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?

The moustache: The lover

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.

The goatee: The adventurer

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than $80 on a first date.

The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.

The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.

The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.

Winnipeg Blue Bombers come together prior to their game against the Montreal Alouettes on Saturday in Winnipeg. Seven members of the team's defence are poised for free agency Feb. 15, unless they sign again with the Bombers. JOHN WOODS/THE CANADIAN PRESS

Burke eager to lock up free agents

CFL. Six current starters on Bombers defence could test the market

Free agency, an early headache for the Winnipeg Blue Bombers last season, could cost them again in 2013, but at least some key players coach Tim Burke wants back seem inclined to say yes.

The Canadian talent pool and defensive and offensive lines suffered last season with the loss of Don Oramasionwu to Edmonton and Brendon La-Batte to Saskatchewan.

Now, seven members of Winnipeg's defence are poised to hit the market Feb. 15, unless they sign again with the Bombers.

They are defensive backs Jonathan Hefney, Deon Beasley and Johnny Sears, linemen Jason Vega, Bryant Turner and Fernand Kashama, plus linebacker Marcellus Bowman. Only Beasley isn't a starter.

Sears is on Burke's list of speedy backs who can hit that he would like to retain. He has his eye on him for the strong-side linebacker spot, also know as SAM.

"I really liked the way Johnny Sears played there, I hope we get him back," Burke said.

Sears, with a team-high three interceptions in 2012 and sixth in tackles, fits the mould that Burke sees as a recipe for success on defence.

The feeling is mutual.

On offence

Receiver Clarence Denmark, quarterback Justin Goltz and running backs Chris Garrett and Carl Volney are the free agents on offence.

"The locker-room here is great," Sears said on the weekend.

"It won't be hard for me to come back and try to keep things going and make that push for the Grey Cup next year."

He didn't rule out taking a look at the NFL, but he also has to see if a knee injured late in the season might need surgery.

"That's one of my dreams (the NFL), from when I was a little kid, but at the same time I've got to be smart about my decision."

Burke knows they might not hold everyone. Hefney, who led the Bombers with his 74 tackles in 2012, has already said he wants to see if there's any interest from the NFL.

After a breakout 2009 rookie season in Winnipeg, he was signed by the Detroit Lions. But after a pre-season appearance and two weeks on their practice roster in 2010, he was back with the Bombers.

"It's not a sure thing by any stretch of the imagination," Burke says of the odds he'll get everyone he wants back. "There might be one or two that slip away but, certainly, we're going to make an effort."

THE CANADIAN PRESS

CFL

Former coach Matthews says he has cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

THE CANADIAN PRESS

Don Matthews
TORSTAR NEWS SERVICE FILE

Tennis

Nestor, Mirnyi win ATP finals doubles opener

Canadian Daniel Nestor and Belarusian partner Max Mirnyi struggled to win their opening match at the ATP World Tour Finals on Monday, defeating Swede Robert Lindstedt and Horia Tecau of Romania 4-6, 7-6 (1), 12-10.

Nestor and Mirnyi will split up at the end of the week. Nestor, 40, will play in 2013 with Indian Mahesh Bhupathi.

THE CANADIAN PRESS

NHLPA source sees lots of hurdles still in talks

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

Queen's University labour lecturer George Smith TORSTAR NEWS SERVICE

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic.

"It's like, 'Wow, we've run out of ammunition. We better see if we can do this.'"

Donald Fehr, executive director of the NHLPA and his brother Steve, the union's special counsel, were expected in New York on Tuesday for face-to-face bargaining with representatives of the league.

TORSTAR NEWS SERVICE

Horoscopes

Aries
March 21 - April 20
You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus
April 21 - May 21
As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini
May 22 - June 21
Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer
June 22 - July 23
You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo
July 24 - Aug. 23
You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo
Aug. 24 - Sept. 23
You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra
Sept. 24 - Oct. 23
As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio
Oct. 24 - Nov. 22
This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius
Nov. 23 - Dec. 21
You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn
Dec. 22 - Jan. 20
Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

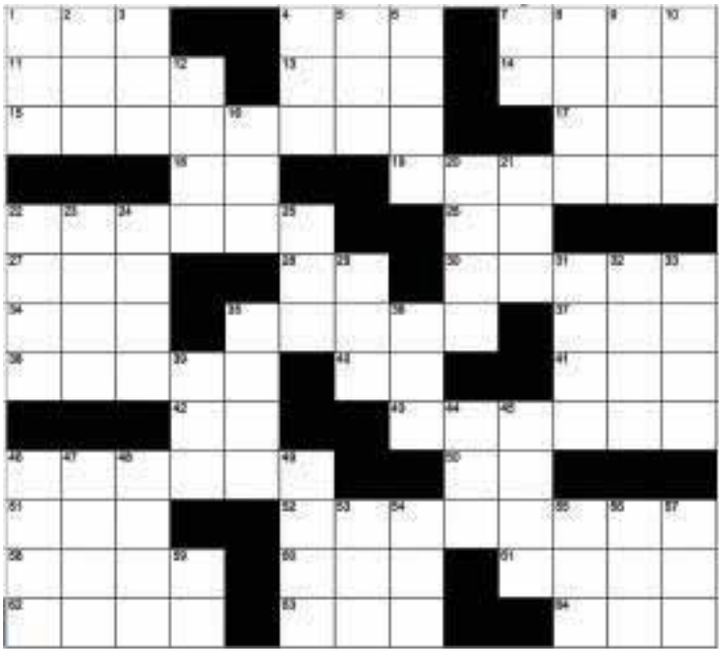
Aquarius
Jan. 21 - Feb. 19
Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces
Feb. 20 - March 20
You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

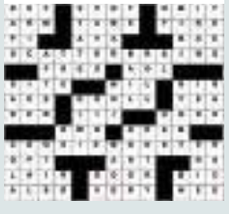
BY BETTY MARTIN



Across
1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal – No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready – Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs – – (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down
1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 4° MIN: 1°	MAX: 1° MIN: 1°	MAX: 1° MIN: -4°

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